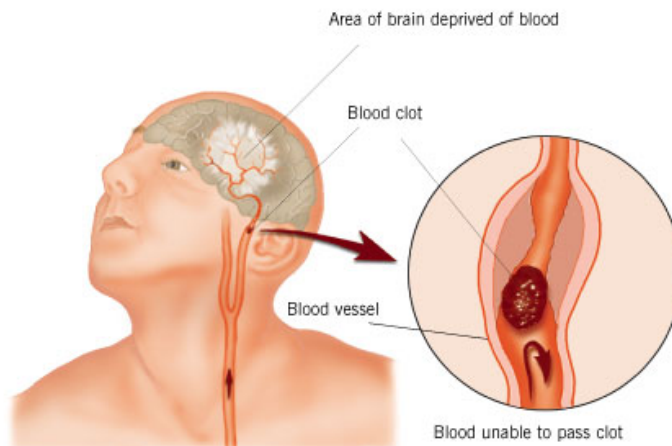


Stroke

Stroke is the leading cause of long-term disability and the 3rd leading cause of death in the U.S. More than 700,000 Americans will have a stroke this year.

A stroke occurs when part of the blood supply to the brain is blocked, and brain cells don't get enough oxygen. Strokes can cause problems with speaking and with moving an arm or a leg.

The older you are, the greater your risk of having a stroke. A stroke can happen at any age, but the chance is much greater if you're older than 55.



Many things can increase the chances of stroke. You can control many of these. By controlling or changing what you can, you reduce your risk for stroke.

- **Smoking** almost doubles your chance for stroke. If you smoke, quit. Your health care team can help you.
- **Diabetes** increases your risk for stroke. If you have diabetes, learn how to manage it. Know the goal for your hemoglobin A1C.
- **High Blood Pressure** is a major cause of stroke. If you have high blood pressure, work with your health care provider to get it under control. Eat a healthy, balanced diet and maintain a healthy weight. Blood pressure control is even more important if you have diabetes.
- **Overweight and obesity** can cause high blood pressure. Losing weight, eating a healthy diet, and exercising can lower your blood pressure. Talk to your health care team about *MOVE!* weight management.



Stroke

- **Physical inactivity** can result in overweight and obesity. This can increase your risk for stroke. Aim for 150 minutes of physical activity spread over the week, in at least 10 minute blocks.
- **High Cholesterol** can cause blockages in your arteries. These can slow blood flow to your brain, heart, and other organs and can cause a stroke. If you have high cholesterol, work with your provider to get it under control through diet and medication.
- **Excessive alcohol** use can raise your blood pressure. Alcohol should be limited to 1 drink a day for women and 2 drinks a day for men.

Work with your health care team to reduce your risk factors for stroke.

What are the signs of a stroke?

- **Sudden numbness or weakness of the face, arms, or legs.**
- **Sudden confusion or trouble speaking or understanding others.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking, dizziness, or loss of balance or coordination.**
- **Sudden severe headache with no known cause.**

If you think somebody is having a stroke, call 9-1-1. Getting treatment right away lowers the chance of death or long-term problems.

Content source: [Division for Heart Disease and Stroke Prevention](#), [National Center for Chronic Disease Prevention and Health Promotion](#), Centers for Disease Control and Prevention, US Department of Health and Human Services.

